







Go For Green™ Program Criteria

Revised October 2012

| Eat Often | Eat Occasionally | Eat Rarely |
|---|--|---|
| <p>Entrees </p> <p>Single Items: <300 calories <10 g fat¹ < 480 mg sodium^{2, 13}</p> <p>Full Dish:  <500 calories <18 g fat < 600 mg sodium¹³</p> | <p>Entrees</p> <p>Single Items: 300-500 calories 10-15 g fat 480-700 mg sodium</p> <p>Full Dish: 500-700 calories 18-25 g fat 600-700 mg sodium</p> | <p>Entrees</p> <p>Single Items: >500 calories >15 g fat > 700 mg sodium</p> <p>Full Dish: >700 calories >25 g fat >700 mg sodium</p> |
| <p>Starchy Side: <200 calories Higher fiber options</p> | <p>Starchy Side:  200-300 calories</p> | <p>Starchy Side: > 300 calories</p> |
| <p>Vegetable:  <100 calories</p> | <p>Vegetable: 100-200 calories</p> | <p>Vegetable: >200 calories</p> |
| <p>Dessert: < 150 calories < 6 g fat</p> | <p>Dessert: 150-300 calories 6- 12 g fat</p> | <p>Dessert: > 300 calories > 12 g fat</p> |
| <p>Beverage:  Water Calorie-free flavored water</p> | <p>Beverage: 100% fruit or vegetable juices Diet Soda Sports drinks</p> | <p>Beverage: Fruit or vegetable Juices (less than 100% juice), fruit drinks, energy drinks, regular soda</p> |
| <p>Dairy:  Skim or 0- 1% fat</p> | <p>Dairy: Reduced fat or 2% fat</p> | <p>Dairy: Whole or 4% fat</p> |



Meats and Beans

(Go Lean with your Protein)



These foods are high quality sources of protein, which is an important nutrient involved in many of our body's daily functions. Although these foods are high in protein, some may also be high in unhealthy fats, so it is important to choose wisely. When selecting meat products look for items that have been baked, broiled, or grilled.

| Eat Often ³ | Eat Occasionally | Eat Rarely |
|---|--|---|
| Baked chicken/ turkey breast without skin Whole cuts /unprocessed lean turkey / chicken deli meats | Chicken and turkey with the skin Processed chicken/turkey deli meats | Fried chicken, fried turkey, fried meats |
| Ground beef 90% lean Lean beef (round eye, top round, bottom round) | Ground beef 85% lean Hamburger | Cheeseburger |
| Ground turkey 90% lean | Ground turkey 85% lean | |
| Center cut pork chops (visible fat removed) Pork Tenderloin | Ham Ham & roast beef deli meats | Ribs, Hot dogs Kielbasa/Bratwurst, Liver Salami, bologna |
| Baked /broiled fish Tuna canned in water Shellfish | Tuna canned in oil | Fried Fish, Fried shellfish |
| Canadian Bacon | Chicken sausage Turkey Sausage Turkey Bacon | Pork sausages Bacon Corn beef/ Cream Beef |
| All beans without added fats and sugars | Beans with added sugar, bacon or ham Baked Beans Refried beans w/ cheese | |
| Egg white/substitute | Whole Egg Egg Omelet with vegetables | Egg omelet with cheese and high fat meats |



Starches

(Think Whole Grains)

Carbohydrates are the number one energy source our bodies use during exercise. Although these foods have gotten some bad press lately, they are an excellent source of energy. For overall health you should choose starches that are high in fiber.

| | Eat Often ⁴ | Eat Occasionally | Eat Rarely ⁵ |
|----------------|--|--|--|
| Breads | Whole grain breads Whole grain bagels Whole grain English muffins | White bread Large bagels Rolls, cornbread Reduced fat muffins (<200 calories) | Biscuits Croissants Doughnuts Full fat muffins |
| Sides | Brown rice Bulgur | White rice Couscous | Rice with added fat |
| | Whole wheat pasta | White pasta | Pasta with cream/cheese sauce |
| | Plain Baked potato | Baked Potato w/ low fat toppings Mashed potatoes made w/ low fat milk Home fries Baked French fries | Baked potato w/ butter & full fat sour cream Mashed potatoes made w/ whole milk/cream & butter French Fries (fried in oil) |
| Cereals | Whole grain low sugar cereals ^{5,7} (less than 10 grams sugar per serving) Oatmeal | Full fat granola Grits, plain | Sugary cereals Grits w/ added fat |
| Snacks | Natural Popcorn | Baked chips Pretzels Granola bar | Regular chips Movie style popcorn |



Fruits

(Nature's Candy)



These foods are packed with essential vitamins and minerals that help keep our bodies working and fight off diseases. Different colored fruits have different nutrients in them, so make sure to eat a variety of colors. Choose fresh, whole foods because they are higher in volume and fiber which will keep you feeling fuller for longer.

| Eat Often⁶ | Eat Occasionally⁷ | Eat Rarely⁷ |
|---|--|--|
| Whole fresh fruit Frozen fruit w/out added fat, sugar and sauces | Fresh fruit with added sugar Dried fruit | Dried fruit covered in yogurt/chocolate |
| Canned fruit in own juices or water | Canned fruit in light syrup | Canned fruit in heavy syrup |



Vegetables

(The Brighter the Better)



Like fruits, these foods are packed with vital vitamins and minerals to keep our bodies working and healthy. Different colored vegetables have different nutrients in them so make sure to eat a colorful variety. Vegetables are also naturally very low in calories, so they are a great way to fill up our stomachs without increasing our waist lines.

| Eat Often ^{6, 8} | Eat Occasionally ⁷ | Eat Rarely ⁷ |
|--|---|--|
| Fresh or frozen vegetables with no added fat or sauces •Raw Vegetables •Steamed vegetables | Fresh or frozen vegetables with added fat or light sauces | Fried vegetables Breaded vegetables Vegetables in heavy cream or cheese sauces |
| No-added-salt canned vegetables ¹⁰ Canned vegetables, rinsed with water to remove salt ¹⁰ | Canned vegetable that have not been rinsed with water to remove salt Baked Beans/beans in sauces made with sugars or added fat | |
| Green leafy salads with vinegar-based dressings | Salads w/ added low fat cheeses, lean meats, croutons and vinegar-based or low fat salad dressings | Salads w/ added high fat cheeses, meats, croutons, and high fat creamy dressings |

- ✓ Make half your plate vegetables
- ✓ Choose at least one non-starchy vegetable



Dairy



These foods are an excellent source of protein, calcium, and vitamin D to help build strong bones. When choosing dairy products make sure to choose the fat free or low fat versions, because full fat dairy products are high in unhealthy saturated fats.

| Eat Often ¹¹ | Eat Occasionally | Eat Rarely |
|-----------------------------------|---|-----------------------------------|
| Skim or < 1% milk Soy milk | 2% or reduced fat milk Flavored milk | Whole or > 4 % fat milk |
| Low fat yogurt (0-1% fat) | Reduced fat yogurt (2% fat) | Full fat yogurt (4 % fat) |
| Low fat cottage cheese (0-1% fat) | Reduced fat cottage cheese (2% fat) | Full fat cottage cheese (4 % fat) |
| Low fat cheeses | Reduced fat cheeses | Full fat cheeses |



Fats

Dietary fats is essential and actually helps promote good health.

It's wise to choose the healthier types of dietary fat, and then enjoy them — in moderation. Focus on reducing unhealthy (saturated) fats by replacing with healthy fats (unsaturated fats).

| Eat Often ¹¹ | Eat Occasionally | Eat Rarely |
|--|--|--|
| Nuts and seeds* | | Chocolate and sugar coated nuts and seeds |
| Natural nut butters (peanut, almond, soy)* | Regular peanut butter** Reduced sugar peanut butter | |
| Olive, Canola, Safflower, Sunflower Oils* | Corn and vegetable oil | Coconut oil, palm oil, Palm kernel oil, Shortening |
| Avocado ⁹ | Low fat and reduced fat mayonnaise | Full fat mayonnaise |
| | Reduced fat margarine/spreads (free of trans fats) | Butter Margarine |

*Choose smaller portions as higher in calories

** Contains other types of oils (palm oil, hydrogenated)

Soups



Soups are an excellent way to begin a meal or even be the main entrée! Choose soups in a broth base and with vegetables more often than cream based soups. Since soups can often be high in sodium, choose soups with less than 480 mg of sodium per serving.

| Eat Often | Eat Occasionally | Eat Rarely |
|--|--|--|
| <p>Soups with less than 480 mg sodium per serving^{2, 13}</p> <ul style="list-style-type: none"> -broth based -bean soup, lentil, pea -tomato -vegetable -whole grain pasta/noodle soups -whole grain rice soups | <p>Soups with more than 480 mg of sodium per serving</p> <ul style="list-style-type: none"> -white grain noodle soups (chicken noodle) -white rice soups -Reduced fat cream soups made with 1% milk | <p>Soups with more than 480 mg of sodium</p> <ul style="list-style-type: none"> Cream based soups Cheese soups |



Beverages

(Think about your drink)

When choosing which beverage you are going to have with your meal, first think about what is in it. Many beverages are loaded with empty Calories. Since beverages do not fill us up, it is easy to over consume which leads to an increased daily Calorie intake and possible unintentional weight gain.

| Drink Often | Drink Occasionally | Drink Rarely ⁷ |
|---|--|--|
| Water Calorie free flavored Water Skim or 0-1% fat milk | 2% milk Low fat and 2% flavored milk Flavored water with added sugar | Whole or 4% fat milk |
| | 100% Fruit or vegetables Juices** ¹² Light or diet Juices | Fruit or vegetable Juices (less than 100% juice) Fruit drinks Fruitades |
| | Artificially sweetened beverages Diet Soda Sports Drinks | Regular soda Energy drinks |
| Unsweetened Tea Coffee without added sugars and made with skim/1% milk | Diet teas Hot chocolate made with water or low fat milk Coffee made with 2% milk | Sweet tea Coffee beverages made with whole milk or cream and sugar or syrup (cappuccino & lattes) Hot chocolate made with whole milk |

*** Drink in moderation as juice lacks dietary fiber and can contribute extra calories when consumed in excess*

Desserts



These food are most associated with weight gain because they are high in fat, sugar, and calories. This does not have to be the case, though. Choose wisely and you can still enjoy the sweet taste of desserts without all the extra Calories.

| Eat Often | Eat Occasionally | Eat Rarely |
|--|---|--|
| Fresh Fruit Frozen 100% fruit bar | Fresh fruit with added sugars Sugar Free fruit bars | Fruit cobblers, crisps, and pies Popsicles |
| | Reduced fat cup cakes, muffins, and cookies Angel food cake w/ fresh fruit and light whipped topping | Full fat cakes, muffins and cookies Full fat Pastries |
| Low fat yogurt and fruit parfait Fat free/ Low fat yogurt | Low Fat/light Ice cream & Frozen Yogurt Ice Milk | Full fat ice cream |
| | Reduced fat pudding Sugar Free Pudding Sugar Free Gelatin | |

Condiments

Although these items are just add-ons to the meal, they still contain extra calories, which can quickly turn a green item into a red item.

| Eat Often | Eat Occasionally | Eat Rarely |
|---|--|--|
| Vinegar-based salad dressings Fat free/low fat oil-based salad dressing* | Reduced/Light cream salad dressing (reduced fat ranch, reduced fat French) | Full-fat creamy salad dressing (blue cheese, ranch) |
| | Low fat and reduced fat cream cheese* Low fat and reduced fat sour cream* | Full fat cream cheese Full fat sour cream Half and Half Cream |
| Tomato sauce Tabasco sauce Ketchup/Mustard Salsa* | Low sodium soy sauce BBQ sauce Fruit spread (no added sugar) Honey Sugar-free syrup Real maple syrup* | Tartar sauce Soy sauce Nacho cheese dip Jelly/Jam (with added sugar) Syrup |
| | Light cream sauces Gravies made with water or low fat milk | Cream based sauces (i.e. alfredo sauce) Gravy from meat fat drippings |

** In moderation, products still contains calories, sugars, sodium*